



Caribbean Sweet Potato Fries

Ingredients

- 4 medium sweet potatoes, peeled and cut into 1/2-inch x 1/2-inch planks
- 4 tablespoons [Fustini's Coconut balsamic](#)
- 4 tablespoons [Fustini's Persian Lime olive oil](#)
- 3/4 teaspoon sea salt
- pepper to taste

Directions

Step 1.

Preheat oven to 425 (or air fryer to 400) degrees. Place sweet potatoes in a large bowl and drizzle with balsamic, olive oil and toss to coat. Sprinkle with cinnamon and toss again.

For oven: place on a rimmed baking sheet and bake 40-50 minutes or until tender, flipping every 10-15 minutes until reaching the desired doneness. When done season with salt and pepper.

For Air-fryer: place a portion of the potatoes in the fryer basket so it is filled 1/2 way. Cook in 5-8 minute intervals, and shaking the basket in between until reaching the desired doneness. When done, season with salt and pepper.